

# Cycle Against Suicide

This week was truly a first for Scoil Ui Mhuiri, Dunleer. In recent years, the plague of suicide has, too often, visited Irish homes and even in the school we have had tragic loss. A welcome focus of the Department of Education recently has been an emphasis on improving mental health and increasing awareness of the emotional needs of those around us. Scoil Ui Mhuiri has a robust Wellness programme and is ably managed by a very conscientious group of teachers.

This week however, one of the younger members of staff, Keely Culleton, took it upon herself to organise a full day of events to increase awareness in the area of Suicide. Firstly, some staff and Transition Year students got on their bikes and cycled to Clougherhead (a some twenty-five kilometres round trip) to support the charity "Cycle Against Suicide", which does fantastic work throughout the country. Their cycle was supported by local Gardai and the Red Cross. In preparation for this, those taking part raised much needed funds for the charity.

Also, during the day, sixth year students took a much-needed break from their studies for the impending Leaving Certificate and attended workshops on Mental Health. The workshops were facilitated by counselling psychotherapist Denise Tumulty.

After that, the entire school attended a concert in the gym, all performed by students of the school. All the pieces performed were connected to the idea of positive mental health and being supportive of each other in times of trial. It was heartening to see so many young people so aware of the need to support each other and to be understanding and kind, no matter what the circumstances. In these somewhat cynical and sometimes dark days, it is refreshing to see a new generation with a different outlook and with hope in abundance. We certainly need to do what we can to keep that alive and thriving.